

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 5:45 AM RR Jen L.	BODYPUMP 5:45 AM RR Jen G. (S1)	Zumba 9:00 AM Tatiana (S1)	BODYPUMP 5:45 AM Jen L. (S1)	Cycle 5:45 AM RR Jen E./ Sue	BODYCOMBAT 8:00 AM Jen G. (S1)	Cycle 8:00 AM RR Laura/ Ken 75 Min
BODYPUMP 9:00 AM RR Michelle G. (S1)	Flex 9:00 AM Rebecca (S1)	Cardio Rip 9:00 AM Rebecca (S2)	Cardio Rip 9:00 AM Rebecca (S2)	Aqua Splash 9:00 AM Sharon	Cardio Interval 8:00 AM Laura (S2)	BODYCOMBAT 9:15 AM Sue (S1)
Cycle 9:00 AM RR Laura	Cycle 9:00 AM RR Epie	Cycle 9:00 AM Maggie	Aqua Splash 9:00 AM Laura	Cycle 9:00 AM RR Laura	Cycle 8:00 AM Ken	Pilates 10:15 AM Sue (S2)
Gentle Pilates 9:00 AM Nicole (S2)	Cardio Lite 9:00 AM Sharon (S2)	Aqua Splash 9:00 AM Sharon	CX Worx 9:00 AM Epie (S1)	PIYO 9:00 AM Nicole (S1)	H2O Blast 9:00 AM Stephanie	BODYPUMP 10:20 AM RR Kerri (S1)
Water Circuit 9:00 AM Rebecca	Aqua Lite 9:00 AM Laura	Aqua Pilates 10:00 AM Sharon	BODYCOMBAT 9:30 AM Epie (S1)	Zumba 9:00 AM Tatiana (S2)	Pilates 9:05 AM Sharon (S2)	Yoga 11:15 AM Edd (S2)
Barre 10:00 AM RR 6:00 PM	Step & Sculpt 10:00 AM	BODYPUMP 10:15 AM RR Kerri (S1)	Arthritis Aqua 9:50 AM Sharon	Barre Challenge 10:00 AM RR Nicole (PS)	BODYPUMP 9:15 AM RR Michelle/ Dorothy (S1)	CX Worx 11:30 AM Kerri (S1)
Aqua Splash 10:00 AM Laura	Aqua Splash 10:00 AM Laura	Lite Yoga for Arthritis 11:00 AM Kori (S2)	Bootcamp 10:00/10:30 AM Adam (S2)	Chizel It 10:00 AM Laura (S2)	Power Yoga 10:05 AM Edd (S2)	
Cardio Fusion 10:00 AM Sharon (S2)	BODYCOMBAT 10:00 AM Alternating (S1)	Arthritis Aqua 11:00 AM Sharon	Pilates 10:35 AM Sharon	Aqua Lite 10:00 AM RR Sharon (S1)	Sh'Bam 10:20 AM Lisa/ Dorothy (S1)	
CX Worx 10:10 AM Epie (S1)	BODYATTACK 10:00 AM Alternating (S1)	Zumba 11:30 AM Sari (S1)	Yoga 11:35 AM RR Danielle (S1)	BODYPUMP 10:15 AM Epie (S1)	BODYATTACK 11:35 AM Kerri (S1)	
Express Body Blast 10:40 AM Epie (S1)	Pilates 11:05 AM Sharon (S1)	Cardio & Pilates 5:30 PM Sharon (S1)	Cycle 5:45 PM Laura	Arthritis Exercise 11:00 AM Sharon (S2)		Studio Key
Arthritis Aqua 11:00 AM Lee	Tai Chi 11:00 AM Peter (S2)	Cycle 6:00 PM RR Amy	Zumba 6:15 PM RR Becky (S2)	Arthritis Aqua 11:05 AM RR Laura		(S1) Studio 1
Lite Yoga for Arthritis 11:00 AM Kori (S2)	Yoga 12:05 PM Danielle (S1)	CX Worx 7:00 PM Emily (S1)	Cycle 5:45 PM Laura	BODYPUMP 5:45 PM Amy (S1)		(S2) Studio 2
Pilates 11:15 AM Sharon (S1)	BODYPUMP 5:30 PM RR Betty (S1)	Cool Cardio Conditioning 7:00 PM Barbara	Yoga 11:35 AM RR Danielle (S1)	Arthritis Exercise 11:00 AM Sharon (S2)		(PS) Pilates Studio
Dancefactory 4:15 PM Sari (S1)	BODYATTACK 10:00 AM Alternating (S1)	BODYPUMP 7:00 PM Kerri (S1)	Beginner Ballroom 7:30 PM Resti/ Diana (S2)	Arthritis Aqua 11:05 AM RR Laura		Reservation Required RR
Zumba 5:15 PM Becky (S1)	CX Worx 6:30 PM Betty (S1)	Intermediate Ballroom 8:30 PM Resti/ Diana (S2)	Arthritis Aqua 11:05 AM RR Laura	BODYPUMP 5:45 PM Amy (S1)		
Cycle 6:00 PM RR Amy	H2O Blast 7:00 PM Barbara	BODYATTACK 7:35/8:05 PM Emily	Arthritis Aqua 11:05 AM RR Laura	BODYPUMP 5:45 PM Amy (S1)		
Water Circuit 6:00 PM Amy 60 Min	BODYCOMBAT 7:05 PM Jen/ Michelle (S1)		Arthritis Aqua 11:05 AM RR Laura	BODYPUMP 5:45 PM Amy (S1)		
BODYPUMP 6:30 PM RR Jen G. (S1)	Yoga 8:00 PM Edd/ Cheryl (S2)		Arthritis Aqua 11:05 AM RR Laura	BODYPUMP 5:45 PM Amy (S1)		
Cardio & Pilates 7:00 PM Sharon (S2)			Arthritis Aqua 11:05 AM RR Laura	BODYPUMP 5:45 PM Amy (S1)		
Yoga 8:00 PM Emily (S1)			Arthritis Aqua 11:05 AM RR Laura	BODYPUMP 5:45 PM Amy (S1)		

Club Hours
Monday - Friday
5 AM - 11PM
Saturday - Sunday
7AM - 7PM

Kids' Club Hours
Monday - Friday
8:30 AM - 1 PM & 4 PM-8:30 PM
Saturday - Sunday
8AM-1PM

Note: Class and instructors are subject to change without prior notice. **Reservations open at 4PM. As a courtesy to other members, please arrive to class on time.**



Cellphones are not permitted in class. Thank You